NATIONAL GUARD

SD OCS Battalion
196th Regiment (RTI)

PHASE 0
TRAINING
GUIDANCE

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- Designed to prepare Soldiers to succeed in OCS, with emphasis Phase I
- 3 Month Training Calendar
- Increases the success rate during OCS

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- TY 08 SD OCS BN Commander's Guidance
  - Land Navigation
    - Basic map reading and compass skills
    - Terrain association
  - Physical Fitness Training
    - FM 21-20
    - Phase 0 APFT (within 60 days of start of Phase I)
  - Foot Marches
    - Familiarize with FM 21-18
    - Boot fit and break-in
    - Proper foot care
  - Drill and Ceremony
    - Squad, Platoon, & Company Level
    - Inspections
  - Equipment
    - Familiar use of equipment on packing list
- Include WARRIOR ETHOS in all phases of training

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- Month 1
  - Chapter 2 Physicals – Medical Staff
    - Concurrent Training
      - Foot Care/Boot Break-in – TAC's
      - Autobiography Prep
      - ID Card's
  - D&C (include Retreat/Reveille) – TAC's
  - Inventory OCIE and Personal Uniform items – TAC's
  - Brief Officer Candidate School Program – TAC's
    - Review OC Guide
    - LAP Program (Student Evaluation Program)
    - Duty Positions and Expectations
  - Prepare Enrollment/Commissioning Packet – S1/QA
  - PT – TAC's
    - Run
    - Diagnostic APFT (?)

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- Month 2
  - PT – TAC's
    - Ability Run
    - Push-up/Sit-up Improvement
  - Implement an Individual Program – TAC's
    - Emphasis on OCS needed Fitness (upper body, marching, foot marches, torso strength)
  - Review/Update OCIE and Clothing deficiencies - Supply
  - D & C – TAC's
    - Inspections
    - Change of Command
    - Conduct PT
  - OC Packet Review – S1/QA
    - 6-part folder review
  - Troop Leading Procedures Class – TAC/INSTRUCTOR
  - Review OC Required Knowledge - TAC

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- Month 3
  - PT - TAC’S
    - AFPT (for record) & HT/WT
    - 3-mile foot march (?)
  - Map Reading and Land Navigation – INSTRUCTOR/TAC
    - To include night
  - Review Required Knowledge - TAC
  - Conduct a Risk Assessment – INSTRUCTOR/TAC
  - Mini SRP (TR 350-18-2) – S1/S4/TAC
    - Inventory Packing List
    - ID Card’s
    - DEERS
    - Family Care Plan
    - Travel
    - 6-part folder review
    - AMC’s (PHA)

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- Adjust as needed for a Soldier that comes into the program late
- Use of the Army Training Website (train.army.mil) for interactive Warrior Tasks to assist with preparation for Phase I.
- Possible that some states will have Soldiers at different months of Phase 0 at the same time.
- Stay engaged with the Soldier and their unit.
- Issue some publications at the beginning of month 1 (such as D & C, PT, and INF PLT)

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- **Prepare your Soldiers for OCS!!!**